

Champ's Café May Menu

Charlotte County Public Schools 2022

High School

Free & Reduced Price Meal applications are available online at champs.yourcharlotteschools.net or obtained from the school.

Call 941 575 5400 ext. 1406 for more information

Student Lunch Prices

Free For All Students

Adult Lunch Price **\$3.60**
Champs Café Accepts Cash, Checks payable to Champ's Café
www.payPAMS.com

Breakfast

Free For All Students

Adult Breakfast Price **\$1.60**

Track your meal account balance for FREE at www.PayPams.com

Everyday Choices:

Chef Salads, Hamburger, Cheeseburger, Deli Sub/ Wrap, Pizza, Chicken Fillet, Spicy Chicken, Chicken Nuggets

Alternate Menu Selections at all grade levels, fresh seasonal produce available daily. Menu is subject to change.

Our a la carte offerings meet the guidelines of

The Alliance for a Healthier Generation and are USDA "Smart Snacks"

Daily Breakfast Menu

Breakfast Bagel Sandwich, French Toast Sticks, Mini Pancakes, Large Muffin, Bagel, Breakfast Pizza
Choice of Cereal with Muffin, Pop-Tart, Chicken or Sausage Biscuit

Also included: Oatmeal, Fruit, 100% Juice, Low-Fat Milk
Turkey Sausage Omelette/Cinnamon Roll Fridays

Week One: May 6th- School Lunch Hero Day! Please celebrate our amazing Champs Café Staff! May 2022

Monday 2	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-Fat Milk	Tuesday 3	Nachos w/ Meat and Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday 4	Turkey & Gravy Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 5	Chicken Tenders Sweet Potato Fries Mixed Veggies Biscuit Choice of Fruit Low-Fat Milk Cinco De Mayo Day!	Friday 6	Beefaroni Crisp Salad Spinach Whole Grain Roll Choice of Fruit Low-Fat Milk
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Week Two: May 9th-13th Food Allergy Week! May 11th- School Nurse Day! Please thank your nurses for all they do!

Monday 9	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-Fat Milk	Tuesday 10	Nachos w/ Meat and Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday 11	Beef Teriyaki Dippers w/ Mashed Potatoes & Gravy Green Beans Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 12	Meatball Sub Relish Cup w/ Dip Sweet Potato Fries Choice of Fruit Low-Fat Milk	Friday 13	Spaghetti w/ meat sauce Crisp Salad Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk
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Week Three:

Monday 16	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-Fat Milk	Tuesday 17	Nachos w/ Meat and Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday 18	Beef Teriyaki Dippers w/ Mashed Potatoes & Gravy Steamed Broccoli Whole Grain Roll Choice of Fruit Low-Fat Milk	Thursday 19	Chicken Tenders Sweet Potato Fries Mixed Veggies Biscuit Choice of Fruit Low-Fat Milk	Friday 20	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk
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Week Four: May 26th, Last Day of School! Enjoy Your Summer!

Monday 23	Tangerine Chicken w/ Steamed Rice Carrot Coins Stir Fry Vegetables Biscuit Choice of Fruit Low-Fat Milk	Tuesday 24	Nachos w/ Meat and Cheese Sauce or Soft Tacos Salsa, Steamed Corn Beans Choice of Fruit Low-Fat Milk	Wednesday 25	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk	Thursday 26	Manager's Choice Choice of Vegetable Choice of Fruit Low-Fat Milk Last day of school!		
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Week Five:

Free Meals for Kids and





Please remember our menu is subject to change due to availability

This institution is an equal opportunity provider and employer. All of our grain products are whole grain-rich (WGR)